



Long Knife Legend

PREPARING CHILDREN FOR DEPLOYMENT

1. Talk as a family before deployment-

Before a deployment, military members are usually preoccupied with many preparatory activities at their military unit requiring extended hours and increased workload. As a result, military members come home tired, perhaps late, and are already reluctant to address painful issues of impending separation. Make plans with the family as far ahead as possible.

2. Bestow, rather than "dump", responsibilities on remaining family members-

Try not to make the child feel like it is up to them to do everything the deployed parent used to do. Discuss things with the child before the deployment to make them feel like they are sharing responsibility.

3. Make plans for the family to continue to progress together and include the deployed parent in ongoing projects-

It is important that the family not put life on hold in anticipation of the return of the deployed parent. This will result in stagnation, loss of direction and burn-out.

4. Continue family traditions and develop new ones-

One very stabilizing factor in a family is routine and tradition. Don't stop Friday pizza night or Saturday outings because the parent has deployed. If anything, become more predictable in continuing traditions.

5. Help children understand the finite nature of a deployment by devising appropriate time-lines-

Although the parents may not always know the exact time that the deployment will take place, it is still helpful to make an estimate, and then help a child craft a calendar of some type-illustrated and punctuated with events which help to define time for them.

6. To children, no news is worse than bad news-

Studies with children of deployed parents reveal that the children's main preoccupation from day to day is not

over the absent parent, but with the remaining parent. The remaining parent should be relatively open about sharing concerns and news about the deployed parent.

7. Listen to a child's worries and answer questions as truthfully as possible-

Follow up a child's questions with further questions as to what prompted them to bring up the issue. Listen carefully to their concerns. Do not make false assurances about not getting hurt or not dying.

8. Maintain firm routine and discipline in the home-

Under the best of circumstances, maintaining order and routine for children in the home is difficult. It is even more difficult when a parent is suddenly absent. Be proactive and discuss with the child your intent. Then, follow through with a clear and predictable set of consequences and rewards to keep the program going.

9. As the remaining parent, make sure you take care of yourself-

This is called *taking care of the caretaker*. Unfortunately, because of the many demands upon the remaining parent, it is difficult to make this happen. Taking care of oneself must be seen as a necessity and given high priority in planning.

10. Frequently, the remaining parent is basically a working single parent-

However, sit and plan a schedule and include the child in the planning if it is appropriate. Let your child know that you will be much better able to take care of him/her, that you will be much more fun to be with and have more energy if you can take time have your own personal time.

Resource: Department of Behavioral Medicine, Brooke Army Medical Center

4th BCT, 1st Cav. Div.

FRG Newsletter

May 2006

Inside this issue:

Brigade news	1
Brigade news	2
1-9 Cavalry Regiment	3
2-7 Cavalry Regiment	4
2-12 Cavalry Regiment	5
5-82 Field Artillery Bn	6
Special Troops Battalion	7
27th Brigade Support Bn	8
Brigade Training Calendar	9

4th BCT, 1st Cav Div

Family Readiness Group

Points of contact

Senior Advisor:

bdefrgadvisor@bliss.army.mil

Advisor:

bdefrgadvisor2@bliss.army.mil

FRG Assistant:

bdeassistfrg@bliss.army.mil

1/9 Cav Squadron Leader:

1-9cavfrg@bliss.army.mil

2/7 Cav Battalion Leader:

2-7cavfrg@bliss.army.mil

2/12 Cav Battalion Leader:

2-12cavfrg@bliss.army.mil

5-82 Field Artillery Leader:

5-82fafrg@bliss.army.mil

27th Brigade Support

Battalion Leader:

27bsbfrg@bliss.army.mil

Special Troops Battalion

Leader:

stbfrg@bliss.army.mil



Start Preparing for Deployment Now-*A message from Mrs. Twitty*

Dear fellow Long Knife family members,

The 4th Brigade Combat Team Soldiers have been busy rotating in and out of the field over the past three months. With the National Training Center rotation and a possible deployment around the corner, I have some advice for you that I hope I follow myself. If you haven't done so already, **start preparing for your Soldier's deployment now!**

I don't know how your luck runs, but I notice that whenever my husband is away "stuff" happens: the car overheats and needs a new thermostat; hornets build a nest over the door; or the sink stops up. There's always something. We've been married for a while, so I'm used to having to square things away when he's gone, but that's not the point. I prefer having him here to do whatever needs doing. While I enjoy and appreciate having him home, I know I have to stop acting like a military "dependent." I'm a military spouse which means I'm capable of doing anything that needs to be done.

That being said, I plan to use the NTC rotation as a rehearsal and encourage you to do so as well. Be thinking of things that you can do to make the transition to running things on your own, smoother. I've already had our car serviced and know where to take it if it acts up again. I'm connected to our FRG so that I can get the most up-to-date information about plans for the BCT. My husband and I have started the process to update our wills and get other legal documents in order. Everybody should have wills, especially living wills, whether there is a deployment

or not. I like to get the wills out of the way early so that I'm not connecting them to the deployment. In fact, I try to get anything that I consider difficult out of the way first: **do the hard stuff first!**

Many of us have been through a deployment before and already have an idea of what things need to be done. The last time my husband deployed, our FRG made *Smart Books* and they really came in handy. I've mentioned them and have made samples of them available to the battalion FRG leaders and advisors. The smart books provide brief, yet important, information about your rear detachment, FRG, various emergency numbers, Red Cross contacts, tips for deployment, and other good-to-know information. Check with your leaders to see if they will be using smart books or something else. You may also have some good ideas to share to make the books better.

If you've never been through a deployment before, or if you have, but want to be more prepared, the following checklist may come in handy. It is from a deployment battle book compiled by a group of spouses from the U.S. Army War College, Carlisle, Penn. I've forwarded copies to your battalion FRG leaders if you are interested in the complete battle book. It is extremely comprehensive and is a wonderful resource that covers issues before, during and after deployment. Good luck!

Let's start preparing early and do the hard stuff first!

DEPLOYMENT CHECKLIST FOR SPOUSES-How prepared are you?

General

1. Attend mobilization meetings and take notes
2. Know the exact name of unit
3. Know the names and ranks of the chain of command
4. Have a copy of your service-member's orders
5. Know servicemember's travel itinerary
6. Know servicemember's full name, social security number, and complete military address
7. Have emergency plans in

place

Your Finances

1. Plan ahead
2. Discuss what and when bills are due, where receipts are kept, etc.
3. Have enough money saved
4. Create a family budget

Legal Affairs

1. Have a will
2. Have a Power of Attorney
3. Have a Military I.D.

Family Matters

1. Child care plan
2. Emergency plan for pets

Around the House

1. Extra set of car keys
2. List of repair persons to call
3. Location of utility (water/electricity/gas) shut off valves
4. Know your neighbors

Contact your FRG Leader for a more detailed check list.

For more information on deployment, please contact the brigade FRG advisor. Books for children are also available through the FRG office: *My Book* (ages 3-5), *Goodbyes* (ages 6-8), *I Can Do* (ages 9-12), *Separate* (ages 13-12). For the complete deployment checklist, visit: http://www.hood.army.mil/1stcavdiv/4th_BDE.htm and click on the Family Readiness Group link.



May: Have mercy on I-9 CAV (ARS) preparation for desert training



1-9 CAV(ARS)

"Head Hunters"

Well, here we are with another exciting month of training completed. Headhunter Soldiers continue to perform exceptionally well despite the fast pace. One of our great Soldiers, Sgt. Aaron Stelly was selected as brigade noncommissioned officer of the quarter. We had four of our scouts graduate from Bradley Master Gunner School at Fort Benning in which Staff Sgt. Christopher Belch was selected as the Distinguished Honor Graduate. The squadron continues new equipment training, which will remain the focus through June. The Annihilators and Bravo Recon completed Bradley gun-

nery and are now conducting urban operations training. C Troop is conducting Bradley new equipment training as well as continuing to sustain their urban training level. Our mortar systems arrived so our mortar men have finally begun new equipment training. The fire support teams are also conducting Bradley new equipment training through the end of May. Desperado continues to provide superb support while conducting critical individual and squad-level training. Although the squadron pace is fast and furious, the volunteerism and support remains high. In fact, words cannot truly express the gratitude Command Sgt. Maj. Beever and I have for the FRGs. Your commitment to your Soldier and the squadron is awesome. The FRG is

one of the most key ingredients to a great, combat-ready unit. We thank you for what you do. The month of May will have the squadron staff participating in the brigade's command post training, which will allow the squadron leadership the opportunity to validate systems in preparation for the squadron gauntlet training in June. Also in May, most of the leadership will travel to the National Training Center for a training seminar May 14-19. The train continues to move fast but just know that your scouts are always out front leading the way.

"We can, we will"
Headhunters!!!

LTC Keitron Todd



Alpha Troop focuses on field training exercise, concludes mid-May

As I write this, A Troop is prepping to move to the field for the last two weeks of April and the first two weeks of May in order to conduct some mounted maneuver training and a light cavalry gunnery. As you know, the troop has had a very fast-paced month. We have just come back from the field from our Bradley gunnery, where we did very well, despite some really high winds! Your husbands continue to do great things in every aspect of daily troop and squadron operations. We have led the way in gunnery and field training and just completed a rigorous maintenance period to make

sure that all of our equipment was ready for next month. We will continue to work hard during the week and come home on the weekends to enjoy the time with our families. As I mentioned, your husband will be in the field for the next four weeks, but back on the weekend, and then, for the last two weeks of May, will be back so we can do the annual maintenance on our vehicles in preparation for a squadron-level field training exercise in June. We certainly appreciate all you do for us and I hope that you are as proud of your Soldier as I am. As always, A Troop leads the way!

Special thanks to B Troop 'Bravo RECON' family readiness group

I am Capt. Bradley Stroup, commander, B Troop "BRAVO RECON" 1st Squadron, 9th Cavalry Regiment. Along with 1st Sgt. Michael Anslinger, and on behalf of the noncommissioned officers and scouts of B Troop, I want to thank you for all that you do for your spouses and for the troop everyday. Remember, the purpose of our Family Readiness Group is to give me a direct information link between the troop and our Soldiers' family members. My goal continues to be an open line of communication between Soldiers, spouses and myself

as we prepare for future deployments. We continue to work to establish ourselves as a unit and you all continue to establish your families in the Fort Bliss / El Paso community. However, from the attitude and morale of Soldiers and spouses, I know that you have been welcomed by the Fort Bliss / El Paso community and the future looks bright. I also would like to thank our new FRG leader for volunteering to take the position. She brings a lot of experience and energy to our "BRAVO RECON" team. The

scouts are currently in the field with squad and platoon-level situational training exercises and will move into light cavalry gunnery in early May. The Mortars are currently in garrison learning the necessary skills to operate their weapon systems as part of mortar new equipment training. I am extremely pleased with the status and future outlook of the troop. I hope you all had a nice Easter weekend with family and friends. The next four-day weekend is scheduled for Memorial Day weekend.
-RECON 6-



Battalion Commander's Corner



Families of the Ghost Battalion,

We have spent the past few months continuing to build a team that is prepared to fight and win our nation's wars. We have completed Bradley gunnery and are conducting tank gunnery, which will be followed by platoon gunnery. This will be a fun and exciting month with numerous training events.

One of the most impor-

tant aspects of our team are the families that support us. Our Family Readiness Groups have been providing invaluable support to our Soldiers and their families. As training continues, we will rely more and more heavily on the support of our spouses, children and family members. Your support is key to the success of the Ghost Battalion, and ultimately, the success

of the Long Knife Brigade. Without your support, we could not accomplish our mission. Thanks again for all you do each and every day. Please continue your support!

GARRYOWEN!

Lt. Col. Eric Welsh

2-7 CAV

"The Ghost Battalion"



2-7 CAV

"Ghost"

CHECK OUT THESE UP-COMING EVENTS AND ACTIVITIES... Exciting Times are ahead of us... Hope to see you there!

- **Month of the Military Child!** Every Sunday in April, Children under age 17 receive a buy one get one free bowling game. For information, please call 568-6272
- **Upcoming Fundraiser:** Chocolate Bars! Look for these delectably edible treats the first couple weeks in April! We are also going to be doing pizza sales near the barracks, and unit blankets as it gets a little closer to deployment
- **Parent Workshop:** April 7 from 9-11 a.m. or 1-3 p.m. at the Religious Service Center, building 449. To register, please call 568-9306
- **Adult Education Fair:** April 12, 1:30-4 p.m. at the Centennial Club. Representatives from universities and trade schools will be present. For information, call 568-2784
- **Easter Brunches:** Centennial Club from 10 a.m.-2 p.m.. The costs are \$13.95 for adults and \$7.50 for children ages 7-11. Reservations are required. Call 568-9330. Officer's Club offers three seatings between 10 a.m.-2 p.m. Call 568-7013 for details

Pre-Deployment Preparation for Families

Look for pre-deployment training opportunities for families put on through the BN FRG!!



These training sessions will take place in April, June and August. Location and times to be announced.

April's training includes: finance and legal to help explain the importance of Power of Attorney's while your family member is deployed.

Other briefings will include: Military OneSource, Amber Alert, Post-Traumatic Stress Disorder and anything else you need!





2-12 CAV

"Thunderhorse"

"To ensure the safety of our Soldiers we must train them properly"

"Thunderhorse" at the Range

Beginning in March, the major training focus for the Long Knife Brigade Combat Team began Bradley and tank gunnery. In the Thunderhorse Battalion, this focus has been as much fun as it has been challenging. Bradley and tank crews have been training hard and practicing in simulators while waiting for the opportunity to actually fire the weapons systems of these two incredible vehicles. Unfortunately, the tank crews will have to wait until April before they get their chance, but the Bradley crews have spent the last two weeks in the field learning to work together as a team in order to identify and engage targets.

A Bradley crew consists of three Soldiers; a driver, gunner, and Bradley commander. The ability to successfully engage a target requires strong communication skills and trust. The driver must be able to maneuver the ve-



Bradley crews from B Company squeeze into bleachers, for their evening night fire safety brief, at range 40 of the Dona Anna Range Complex

hicle to the best position from which to shoot. The BC must be able to orient his gunner to targets that he identifies and select the right type of ammunition to fire at the target. If there is more than one target, the BC needs to prioritize the targets for his gunner. The process is simplified with a fire command or a series of instructions that the crew practices over and over again until it becomes second nature.

To successfully train these skills and conduct gunnery, our Soldiers

have to spend several days and nights on the ranges. This type of training is stressful for our Soldiers and for their families, but it is absolutely necessary.

To ensure the safety of our Soldiers, we must train them properly. Without proper training, a Soldier's ability to survive on the battlefield and in his daily life is significantly reduced.

We appreciate all the sacrifices our families make and the support they give us enabling us to do our job.



An F Company HEMTT is used to fuel a B Company Bradley Fighting Vehicle during gunnery training.



Strength and Honor!



To all of the Black Dragon Battalion family members and friends,



Greetings from the Soldiers and leaders of the Black Dragon Battalion. Our battalion has been busy, as usual, working hard to prepare for deployment to the National Training Center. I continue to be impressed with the teamwork and professionalism displayed by our leaders and Soldiers.

During these exciting and challenging times, we have received continual support from our volunteering family members. April was the month of the volunteer. Recently, during our organization day, we had an opportunity to recognize our Family Readiness Group volunteers at our opening ceremony. I'd like to again extend my sincere thanks to our growing number of volunteers. Our Soldiers are fortunate to have such a dedicated support team and it shows in their high morale. I would also like to thank everyone who helped plan, organize and execute our organizational day.

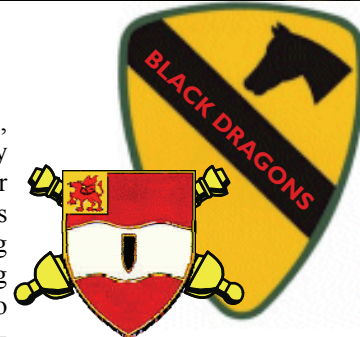
Over the past few weeks, we've moved into "Long Knife Village" -our new home on

Biggs Army Airfield. The new facilities, including the new motor pool and battery areas, in close proximity to our sister units, will surely improve our battalion's operations. Now established at Long Knife Village, we will continue fielding and training with our new equipment to hone our war-fighting skills as we establish our new home.

We also recently changed responsibility for Headquarters and Headquarters Battery from 1st Sgt. Hernan "Rincon" Rinconaleano, to 1st Sgt. William Plotner. Rincon built the unit from scratch into a skilled and disciplined force, and I am confident that Plotner will lead them to new heights.

Thank you for your hard work and dedication to our battalion, our Army and our country. I am proud of each and every one of you. I look forward to the challenges ahead. "Strength and Honor!"

Lt. Col. Robert F. McLaughlin,
battalion commander



**5th Battalion,
82nd Field Artillery,
4th Brigade Combat Team**

Up Coming events

Brigade CPX 1-5 May

Memorial Day Holiday

26-29 May



Spc. Bruce Riggs and Staff Sgt. Geraldo Torres prepare the battalion's tactical communications equipment so that it can be used for the brigade command post exercise scheduled for May 1 through 5.



Satellite dishes (above) are used with the tactical communications system (left). Together, the systems will allow the commanders to communicate around the world, through digital voice and data transmissions, while deployed or in the field.



4th BSTB

“Vigilant”

Battalion Commander's Message

Families and friends of the Special Troops Battalion, 4th Brigade Combat Team,

I want to thank you all for the invaluable support you provide to our Troopers! Without your love and support, they could not serve their country in the manner most Americans take for granted. Command Sgt. Maj. Gould and I remain committed to our pledge of providing opportunity to each and every Trooper and family who expresses the desire for promotion, reenlistment, leadership positions and next assignment. Your success both now and in the future is the best measure of our success. I appreciate each and every one of you and especially those that have volunteered with our Family Readiness Groups. It continues to amaze me how big an impact the efforts of a few willing volunteers make for our Troopers and families. *Lt. Col. Jay A. Hedstrom*



Congratulations to Spc. Jacob Vaughn for reenlisting!

As your Chaplain, I want to welcome you to make full use of my counseling hours and skills (mornings of Monday, Tuesday, Thursday, and Friday; and, afternoons of Tuesday, Wednesday, Thursday, and Friday). In addition, I am not only available for counseling, but I also offer training on several unique areas of interest.

May 22: Stress management training. May 30-31: Financial Peace University training and June 9: Addiction issues.

Watch this corner for upcoming training events including retreats. You may contact me at building A459, or by phone at 744-1797, or by cell at 726-2563.

CH Jeremiah Catlin

Alpha Company ECP Training

A Company, 4th STB conducted entry control point training April 24-25. Three platoons of the Marauders went through the training. Soldiers first conducted a dry run involving several scenarios that could be encountered while running an ECP. Next, the platoons executed several blank fires and finally a live fire. Although the Brigade Combat Team's Military Intelligence Company would not normally run an ECP, it is important that Soldiers in the company understand how the ECP works to further their situational awareness and so they are prepared in the event elements of the company are tasked to perform these duties down range. Firing live rounds gives the Soldiers added confidence in their buddies to the left and right, makes Soldiers practice proper muzzle awareness, and stresses the importance of implementing fire control measures. The key to this exercise was command and control and individual Soldier discipline. The valuable lessons learned during this training will be incorporated in future training and real world events.



A CO "MARAUDERS"

STB Families Enjoy Real Easter Bunnies

Thank you to all the Soldiers and families who came out to the BN Easter Egg Hunt!

Remember

Mother's Day

14 May 2006!





Fellow Rough Riders, families and friends,

It's been a fast month with a lot of great training happening around the battalion. We continue to support gunnery and the SSA is processing parts as fast as they arrive. We had a wonderful EGGSTRAVANGANZA thanks to a lot of hard work by Mrs. Whitaker and several FRG members.

We also took time to recognize our many volunteers at a 27th BSB Volunteer Recognition Ceremony.

Over 75 volunteers received certificates of appreciation. After the ceremony, there was a reception in honor of those who contributed unselfishly. Our battalion Organizational Day and Memorial week planning is coming along nicely. Tickets are now on sale for the All-Ranks Ball that will be held on May 25. Several of our alumni will be present and it should be a great time for all. That's all for this edition.

Take care and we'll catch ya next time!!



BRIGADIER GENERAL LENNOX tours Team 27 battalion area with Lt. Col. David Whitaker

First Rough Rider family Easter EGGtravaganza

The Easter EGGstravaganza, held Saturday April 1st at Biggs Park, turned out to be a well attended 27th Brigade Support Battalion family event. Put together and organized by Mrs. Whitaker, Lt. Col. Whitaker's wife, and commanders and family members, the event was enjoyable to all ages attending. We had an Easter Egg hunt, pictures with the Easter Bunny, face painting, games, food, prizes, friendly conversation and an afternoon at the park. The event provided an afternoon of relaxation and mingling between battalion friends and their families.

The **Team 27** outing was made possible by all of its companies contributions to the event. The event was also provided with a playful twist thanks to Chaplain Chang and his wife for donating two Moon Walks for the children. But, the event had its special smile put on the children faces thanks to one family member who dressed as the Easter Bunny and posed for pictures, while Pfc. Heather Welsh took photos throughout the day.

The event did not stop there thanks to one of our outstanding noncommissioned officers and her family, Sgt. 1st Class Finley, put together goodie bags for more than 150 children. Face painting and temporary tattoos put the icing on the cake. The afternoon was a creative success, pulling together the importance of family and home. Every Day Better! Team 27.



27TH BSB

"Rough Rider"

Battalion
Contacts

HHC 744-1832

A Co: 744-2361

B Co: 744-2354

C Co: 744-2307



Children enjoy finding goodies at the Easter EGGstravaganza April 1 at Biggs Park.



The Easter Bunny stops by to visit with members of the 27th BSB.



Soldiers, family members and friends competed in games during the Easter EGGstravaganza at Biggs Park April 1.





MAY 2006



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20 Armed Forces Day
21	22	23	24	25	26 Training holiday	27
28	29 Memorial Day (Observed)	30 Memorial Day	31			